**[Bread, Biscuits and Cakes](http://www.weightlossresources.co.uk/calories/calorie_counter/bread_bakery.htm?from=h2)**

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| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Calories in a biscuit**](http://www.weightlossresources.co.uk/calories/calorie_counter/bread_bakery.htm#biscuit) | 15g | 74 | 3.3 |
| [**Calories in a scone**](http://www.weightlossresources.co.uk/calories/calorie_counter/bread_bakery.htm#scone) | 70g | 225 | 7.6 |
| [**Calories in bread, brown**](http://www.weightlossresources.co.uk/calories/calorie_counter/bread_bakery.htm#bbread) | 1 med slice | 74 | 0.7 |

[**Breakfast Cereal**](http://www.weightlossresources.co.uk/calories/calorie_counter/breakfast_cereal.htm?from=h2)

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| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Bran Flakes, Kelloggs**](http://www.weightlossresources.co.uk/calories/calorie_counter/breakfast_cereal.htm#branflakes) | 45g | 144 | 1.1 |
| [**Porridge Oats, Scots, Quaker**](http://www.weightlossresources.co.uk/calories/calorie_counter/breakfast_cereal.htm#porridge) | 45g | 166 | 3.6 |

[**Chicken and Meat**](http://www.weightlossresources.co.uk/calories/calorie_counter/chicken_meat.htm?from=h2)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Calories in a chicken breast**](http://www.weightlossresources.co.uk/calories/calorie_counter/chicken_meat.htm#chicken) | 200g | 342 | 13.0 |
| [**Calories in a pork sausage**](http://www.weightlossresources.co.uk/calories/calorie_counter/chicken_meat.htm#psausage) | 1 sausage / 24g | 73 | 5.7 |
| [**Calories in bacon**](http://www.weightlossresources.co.uk/calories/calorie_counter/chicken_meat.htm#bacon) | 1 rasher / 25g | 64 | 4.0 |
| [**Calories in fillet steak**](http://www.weightlossresources.co.uk/calories/calorie_counter/chicken_meat.htm#filletsteak) | 1oz / 28g | 54 | 2.4 |
| [**Calories in lamb chops**](http://www.weightlossresources.co.uk/calories/calorie_counter/chicken_meat.htm#lchop) | 1oz / 28g | 69 | 5.0 |
| [**Calories in pork chops**](http://www.weightlossresources.co.uk/calories/calorie_counter/chicken_meat.htm#pchop) | 1oz / 28g | 73 | 4.5 |

[**Chocolate and Sweets**](http://www.weightlossresources.co.uk/calories/calorie_counter/chocolate_sweets.htm?from=h2)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Calories in a Mars Bar**](http://www.weightlossresources.co.uk/calories/calorie_counter/chocolate_sweets.htm#mars) | 65g | 294 | 11.4 |
| [**Calories in chocolate**](http://www.weightlossresources.co.uk/calories/calorie_counter/chocolate_sweets.htm#chocolate) | 100g | 530 | 29.9 |
| [**Calories in popcorn**](http://www.weightlossresources.co.uk/calories/calorie_counter/chocolate_sweets.htm#popcorn) | 100g | 405 | 7.7 |
| [**Calories in Snickers**](http://www.weightlossresources.co.uk/calories/calorie_counter/chocolate_sweets.htm#snickers) | 1 bar / 64½g | 323 | 18.1 |

[**Crisps and Snacks**](http://www.weightlossresources.co.uk/calories/calorie_counter/crisps_snacks.htm?from=h2)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Calories in cheese and onion crisps**](http://www.weightlossresources.co.uk/calories/calorie_counter/crisps_snacks.htm#caocrisps) | 1 bag / 35g | 184 | 11.6 |
| [**Calories in olives**](http://www.weightlossresources.co.uk/calories/calorie_counter/crisps_snacks.htm#olives) | 1oz / 28g | 29 | 3.1 |

[**Drinks**](http://www.weightlossresources.co.uk/calories/calorie_counter/drinks.htm)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Calories in coffee**](http://www.weightlossresources.co.uk/calories/calorie_counter/drinks.htm#coffee) | 1 cup / 220ml | 15.4 | 0.9 |
| [**Calories in a can of coke**](http://www.weightlossresources.co.uk/calories/calorie_counter/drinks.htm#coke) | 330ml | 139 | 0.0 |
| [**Calories in orange juice**](http://www.weightlossresources.co.uk/calories/calorie_counter/drinks.htm#juice) | 1 glass / 200ml | 88 | 0.0 |
| [**Calories in tea**](http://www.weightlossresources.co.uk/calories/calorie_counter/drinks.htm#tea) | 1 mug / 270ml | 29 | 0.5 |

[**Eggs and Dairy**](http://www.weightlossresources.co.uk/calories/calorie_counter/eggs_dairy.htm?from=h2)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Calories in butter**](http://www.weightlossresources.co.uk/calories/calorie_counter/eggs_dairy.htm#butter) | 10g | 74 | 8.2 |
| [**Calories in cheese, cheddar**](http://www.weightlossresources.co.uk/calories/calorie_counter/eggs_dairy.htm#cheddar) | 40g | 172 | 14.8 |
| [**Calories in milk, whole**](http://www.weightlossresources.co.uk/calories/calorie_counter/eggs_dairy.htm#wmilk) | 1fl oz / 30ml | 20 | 1.2 |
| [**Calories in yoghurt, strawberry**](http://www.weightlossresources.co.uk/calories/calorie_counter/eggs_dairy.htm#syog) | 1 pot / 200g | 123 | 5.3 |

[**Fruit**](http://www.weightlossresources.co.uk/calories/calorie_counter/fruit.htm?from=h2)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Calories in a banana**](http://www.weightlossresources.co.uk/calories/calorie_counter/fruit.htm#banana) | 150g | 143 | 0.5 |
| [**Calories in an orange**](http://www.weightlossresources.co.uk/calories/calorie_counter/fruit.htm#oranges) | 160g | 59 | 0 |

[**Nuts and Seeds**](http://www.weightlossresources.co.uk/calories/calorie_counter/nuts_seeds.htm?from=h2)

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| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Calories in almonds**](http://www.weightlossresources.co.uk/calories/calorie_counter/nuts_seeds.htm#almonds) | 1oz / 28g | 171 | 15.3 |
| [**Calories in salted peanuts**](http://www.weightlossresources.co.uk/calories/calorie_counter/nuts_seeds.htm#peanuts) | 1 sm pack / 50g | 311 | 26.5 |
| [**Calories in sesame seeds**](http://www.weightlossresources.co.uk/calories/calorie_counter/nuts_seeds.htm#sesame) | 1oz / 28g | 171 | 15.8 |
| [**Calories in sunflower seeds**](http://www.weightlossresources.co.uk/calories/calorie_counter/nuts_seeds.htm#sunflower) | 1oz / 28g | 164 | 13.6 |

[**Vegetables**](http://www.weightlossresources.co.uk/calories/calorie_counter/vegetables.htm?from=h2)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Serving Size** | **Calorie Count** | **Grams of Fat** |
| [**Calories in a jacket potato**](http://www.weightlossresources.co.uk/calories/calorie_counter/vegetables.htm#potatoes) | 180g | 245 | 0.4 |
| [**Calories in brocoli**](http://www.weightlossresources.co.uk/calories/calorie_counter/vegetables.htm#brocoli) | 30g | 7 | 0.2 |
| [**Calories in cabbage**](http://www.weightlossresources.co.uk/calories/calorie_counter/vegetables.htm#cabbage) | 135g | 21 | 0.5 |
| [**Calories in carrots**](http://www.weightlossresources.co.uk/calories/calorie_counter/vegetables.htm#carrots) | 60g | 13 | 0.2 |
| **[Calories in chips](http://www.weightlossresources.co.uk/calories/calorie_counter/vegetables.htm" \l "chips)** | 100g | 253 | 9.9 |
| [**Calories in onions**](http://www.weightlossresources.co.uk/calories/calorie_counter/vegetables.htm#onions) | 1oz / 28g | 8.4 | 0.1 |
| [**Calories in peas**](http://www.weightlossresources.co.uk/calories/calorie_counter/vegetables.htm#peas) | 60g | 32 | 0.4 |
| [**Calories in red peppers**](http://www.weightlossresources.co.uk/calories/calorie_counter/vegetables.htm#peppers) | 1oz / 28g | 7 | 0.1 |